

BUILDING IS CLOSED DURING COVID-19

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COA BOARD

John D. Miller, Chair

Janice Desmond, Vice Chair

Leslie James, Caitlyn Coyle,

Janice Lindblom, Susan Kelly,

Lucille Sorrentino, Maud Meulstee;

Associate members Pat Carleton

and Barbara McFadden

Selectman Liaison

Karen Canfield



SENIOR HAPPY'NINGS

JULY/AUGUST 2020

27 BROOK STREET

SCITUATE, MA 02066

781-545-8722



HOURS OF OPERATION:

Monday-Thursday

8:30 AM-4:30 PM

Friday

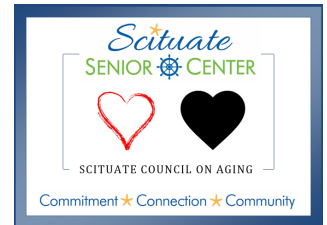
8:30 AM—3:00 PM

MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

"Not everything that is faced can be changed, but nothing can be changed until it is faced." James Baldwin

I am giving up the floor this month having asked two people I admire to share their thoughts with you on recent events. I thank them for their candid and eloquent compositions. Please read these special statements on page 3 and note our young guest's suggestions below for supporting this current crisis and our young people. ♥ Linda



A special SD volunteer appreciation grab-and-go lunch (with a little background music thanks to the Play it Again musicians!) to express our gratitude and respect for all of the volunteers that help make the Senior Center a place for people to come and to feel welcome. And just wait until next year!

"What can I do right now?"

Some action items shared by Jackie Thornton, Graduate—UMass Amherst 2020

1. Get educated! Movies, books, podcasts, academic literature, etc.
2. Examine your privilege - we all have it!
3. Talk about voting with young people
4. Engage friends and family in conversations about racial injustice
5. Donate (if you have the funds)
6. Email and call your local officials
7. Support & amplify black creators, businesses, etc.
8. Assist BLM Scituate ... Offer your expertise? How can you best be involved?
9. Support people who are protesting (make snack/meal kits, bring water)
10. Create & share art, poetry, projects, etc.
11. Go to a protest if it is safe to do so.
12. Create space for people to come together (virtually or physically) and talk, reflect, ask questions, or connect spiritually.

A Note from Lou Chin—Construction of the new senior center, COVID-19 re-opening phases, and current events leading to local protests and vigils provide plenty to think about. We seniors have left younger generations with plenty of challenges: brown water locally, huge federal deficit, increasing retirement obligations, a dangerous world with more nuclear armed nations, COVID-19 recovery, and high unemployment—Much to consider.

Our young people and some of us seniors have participated in peaceful protests at the rotary Commons, and attended vigils locally. Comments from seniors include: “We need police,” “protesters are too young to understand anything,” and some utter ugly, hateful words. But the overwhelming response has been very strong support for the protests: a right guaranteed by the first amendment of the Constitution: ‘Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the **freedom of** speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.’

As we face this most difficult political landscape together, Scituate’s Council on Aging has invited, among others, Scituate’s new police chief Mark Thompson and protesters to our Thursday morning discussion group. We hope that through this dialogue seniors may be better able to take part in the national discussion.

A Note from Russ Paulin—Will it be different this time? I find myself wondering / hoping that it will be. For those of us of the Woodstock generation, is this the world and future that we had hoped for? For some of us, it’s not so bad—good food, air conditioning, some golf, a little fishing, maybe a boat in the harbor. For others, this retirement thing is a little more of a challenge. Maybe we should buy a lottery ticket or two?

Many of our parents fought a world war, sacrificed deeply, with the hope of making a better world. They came to believe in “one nation under God, indivisible, with liberty and justice for all.” For decades our country thrived, people of all faiths living side by side, working together. We prospered, a rising tide lifted most boats. We dreamed of better lives, better education. We saw a man walk on the moon, computers became common in our homes, and now...in our pockets.

More astute folks than I might be able to tell you when and how, but something in the national vision changed. I worry for our young folks: our children, and grandchildren. We are no longer an indivisible nation. That rising tide now floats only a few boats higher. Income inequality has become ridiculously high; 40% of our population live in poverty. A few years ago I tutored some children in a homeless shelter. A family of six lived in an uninsulated 2 room cottage, at least until it burned down. Across the nation, we have seen education cuts, childhood poverty flourishes, affordable housing can be hard to find, our minorities struggle, our prisons are overcrowded. Many have little or no healthcare that they can afford. After cutting taxes on corporations and the wealthy, our national debt has soared to over 26 trillion dollars and growing. Our minorities (of all colors and national origins) continue to suffer in poverty. In many states, they are artificially denied their legal right to vote. Every day brings new stories of racism and discrimination. And now, we are beset by a pandemic that continues to grow in many parts of the country due to an ineffective national response.

“With liberty and justice for all”. Eight minutes and forty-six seconds under the knee of an officer sworn to serve and protect, after crying out for his mother, George Floyd’s life was extinguished in front of multiple video cameras. ‘Enough is enough!’ said many of all races, religions, and stations in life. Enough is enough. The anger grew and spread. Many of our young people, believing in liberty, fairness, and justice, said Black Lives Matter too.

My wife reported that people were holding signs down at the Scituate rotary. Our friend Deirdre and I decided to throw together signs and stand with them. First impression: these were fine young people, standing up, and saying ‘enough is enough’. I’d read about young people partying at Minot beach and leaving all their trash behind, it was disappointing. But these young people at the rotary were the antithesis of that. I was proud of them, proud of Scituate. They are the hope of our country’s future. I thank the many (maybe 95%) who honked and gave thumbs up in support. Clearly many are equally dismayed by blatant racism, poverty, and the sight of suffering and death. Even though we live in somewhat sheltered Scituate, TV brings these events right into our living rooms. It was shocking at first to experience some of the rage and angry epithets. The young people held their ground. Two men flashed the white power sign; another, the finger to young people—his wife was horrified and slapped his hand down. She understood the meaning of being civil, even when it seems like many of our national leaders and some Scituate citizens don’t. We need more kindness in this world. We, as a country and a people, face interwoven problems of great complexity. Join Scituate people, young and old, in advocating for fairness, liberty, and justice for all. Governor Cuomo of NY suggests four pillars of change: education equality, end childhood poverty, affordable housing, and criminal justice reform. Come express your support at the Rotary, or Mondays at 4 PM at the Lawson Common. Bring some suntan lotion and a smile.

🌀 Services & Support—Grocery, Meals & More 🌀

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm. No one can go into the food pantry.

NEW PROTOCOL—ONLY AVAILABLE FOR DRIVE UP SERVICE— Stay in your vehicle. You drive up, drop off your shopping list, they shop for you and bring your items to the trunk of your car. The food pantry is NOT taking food donations at this time. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

If needed, you can call and request delivery of items. Call and leave a message. If not a previous client, call and leave a message with new request and they will return the call.

M, W, F NO ON-SITE LUNCH—ON HOLD until further notice @ Harbor United Methodist Church, First Parish Rd. Please call South Shore Elder Services at **781-848-3910, x415** if you are in need of a meal. NO On-Site Dining available at this time.

THURSDAY LUNCH—ON HOLD

Congregational Church, 381 Country Way.

MONTHLY COMMUNITY DINNER, 4th SUNDAY—ON HOLD

MEALS ON WHEELS PROGRAM

for home-bound or convalescing seniors Monday-Friday through **South Shore Elder Services**. Call 781-848-3910, x415 to inquire about this service. This also includes seniors staying home because of the Coronavirus. Staff are working remotely, so it may take a day or two for them to return calls. You can call the 24-7 answering service and a nutrition manager will get back to the you.



FARMERS MARKET COUPONS

FARMERS MARKET NUTRITION PROGRAM

If you are over age 60, or disabled and your income falls within the guidelines you are eligible to receive these valuable coupons. Please call 781-545-8873 if you want more information. Coupons usually arrive in mid-July for distribution.

IF YOU RECEIVED FARMER'S MARKET COUPONS LAST YEAR, WE WILL CALL YOU THIS YEAR ONCE THE COUPONS ARE AVAILABLE FOR DISTRIBUTION!

IF YOU DID NOT RECEIVE FARMER'S MARKET COUPONS LAST YEAR, PLEASE CALL JENNY AT 781-545-8873 TO REQUEST COUPONS AND TO DETERMINE IF YOU ARE ELIGIBLE.

Participants will only need to sign a form stating you meet the requirements. You can use these coupons at many area Farmers Markets. Quantities are limited and are on a first come first serve basis.



MENTAL HEALTH —Taking Care of You

COVID-19 has caused us to sustain massive disruptions to our daily lives. Living with the worry, traumatic stress, social isolation, and economic insecurity of the COVID-19 pandemic has taken a toll on all of us. A survey found that 45 percent of respondents reported negative impacts of the pandemic on their mental health. We share this with you, to be mindful of your own mental health and well-being: talk with a counselor or talk with a friend. We encourage you to take steps to ensure you are taking care of yourselves. As the saying goes, you cannot pour from an empty cup, so please be sure to avail yourself of ways to refill your cups.

The **William James INTERFACE Referral Service** is a mental health and wellness referral Helpline available **Monday through Friday, 9 am-5 pm, at 888-244-6843** (toll free).

This is a free, confidential referral service.

SNAP —You can buy food on-line using SNAP

1. Add your SNAP EBT card to Amazon and/or Walmart Acct.
2. Shop online for SNAP authorized foods. Look for "SNAP EBT eligible" on Amazon.
3. Checkout using your EBT PIN: You cannot use cash benefits on an EBT card to pay. SNAP benefits cannot be used to pay for shipping or delivery fees.
4. Schedule your delivery. Available with Amazon and some Walmart locations.

For **MORE INFORMATION**, go to www.Mass.gov\SNAPonline

Healthy Incentives Program (HIP) for clients

Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps you buy more fruits and vegetables for your household.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating agricultural retailers.

How does HIP work?

If you are a SNAP household you will be automatically enrolled in HIP. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase.

You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating: Farmers' markets, Farm stands, Mobile markets, Community supported agriculture (CSA) farm share programs.

Important: You must have a SNAP balance to earn the HIP incentive benefit.

Support – Resources, Rides & More

PARKINSON'S SUPPORT GROUP

Participants have an opportunity to "meet" via Zoom with facilitator Leslie Vickers and attendees of her other support groups on Fridays at 1:00 pm. There is assistance for those who need it for connecting via Zoom. Contact Linda Hayes @ 781-545-8722 directly if you would like more information.

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP— SCITUATE (ZOOM)

Third Wednesday at 12:00-1:00 pm

This valuable support group opportunity is for all caregivers. The group is led by experienced facilitator and licensed social worker, Suzanne Otte. This is an open group.

If you would like to be added to the list to receive the e-mail or phone call reminder before the meeting, please call Jenny Gerbis @ 781-545-8872. A Zoom invitation can be sent to your e-mail so that you can join the meeting from your home. Newcomers are welcome to begin at any time.

AREA SUPPORT GROUPS -MONTHLY| EVENING Caregiver Discussion Groups

First Wednesday at 6:00-7:30 PM Cohasset—VIRTUAL

For information, call Bonnie Haley at 617-686-6173

This group is meeting using Zoom—call the above number to request a Zoom invitation or call Lisa Thornton @ 545-8875

VAN TRANSPORTATION

We trust this message finds you and your families healthy and in good spirits. We encourage everyone to continue to follow the stay at home advisories and maintain social distancing.

Currently, transportation is available for critical medical appointments and prescription deliveries. Transportation to Shaw's on Wednesdays or the Village Market on Thursdays is available if needed. If you have additional needs, please call. We will make every effort to accommodate your request. Everyone is **required to wear a mask** (or face covering) while on the vans. We are looking forward to resuming full transportation services as soon as it is safe to do so.

We all deeply appreciate our drivers for their dedicated service. We are extremely fortunate for their commitment to provide transportation services during the Covid-19 crisis.

Please call the COA Transportation Office at 781-545-8872 for all transportation needs. Be well, stay safe and healthy.

SPECIAL EVENT TRIPS On HOLD until further notice

MONDAY SHOP HOPS On HOLD until further notice

To join FOSS— send \$10 membership fee

"Friends of Scituate Seniors"

P.O. Box 75 N. Scituate, MA 02060



PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8874 for any of these professionals

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for a referral to SHINE counselor **Rich Durkin**, volunteer for the Senior Center to discuss issues and concerns regarding your health insurance coverage. He is available for a 45 minute phone consultation.

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up to date? Do you have adequate coverage?

Consult with **Elaine Buonvicino, Independent Insurance**

Agent to review your existing life insurance policy(ies) or long term care policy. Complimentary appointments are available. Please call to be referred to Elaine.

ASK A LAWYER



If you have a legal question, you can schedule a complimentary half hour appointment with one of our attorneys volunteering monthly. **Elder Law**

Attorneys Michael Loring, Chris Sullivan & Frederick Hayes rotate monthly. Call for a phone appointment.

MEET YOUR SENATOR

Senator Patrick O'Connor

Take advantage of the opportunity to talk with Sen. O'Connor or his District Coordinator, **Lou Rizzo**. They are open and interested in hearing what their constituents want or want to discuss. Please call to be referred to their office.



MEET YOUR REPRESENTATIVE

Representative Patrick Kearney

He is pleased to continue the tradition of speaking with any interested senior. Call the Senior Center to be referred to Rep. Kearney or call his office directly at 617-722-2014 to discuss your issues.

FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Lori Shea**, Edward Jones Financial Advisor is available for a FREE 30 min phone appt. Call the Senior Center



CENSUS 2020

Don't forget to fill out the Census! There will be ten questions, which should take no more than ten minutes. The 2020 Census will be offered online for the first time, and by phone and in paper form. Call Jenny Gerbis at 781-545-8873 if you need help.

STIMULUS CHECKS

Stimulus checks are on the way, if you had filed a tax return for 2019. **BE AWARE OF SCAMS** w/ Stimulus checks- The government will NOT call you to ask you for your banking information! Checks will either be automatically deposited in your bank account or you will receive a paper check via USPS. **Do NOT respond to a request for your personal banking information!** Government funds are being issued in the form of a **VISA GIFT CARD**. Make sure you do not throw this in the trash.

In June, the Senior Center introduced our staff on Facebook and how they were spending their time at home during the earlier imposed quarantine, so for those who missed it, we are including again here.



Jill Johnston, our “Jill of all trades” administrative assistant in the office. She loves to walk, and to keep calm during the quarantine she has been going on daily nature walks to preserves & conservation areas on the South Shore. She has been experiencing forests, fields & bogs, rivers, streams, lakes & ponds while observing wildlife and appreciating the beauty of the change in seasons. She includes breathing techniques during her walks to promote relaxation & enjoys listening to the sounds of nature and often takes pictures. Sometimes her family accompanies her, which increases the benefits for all of them as they engage in conversation and have some fun together.

The next of our staff to reveal a little about themselves and a favorite way they are spending their free time during this pandemic is Jenny Gerbis, our intrepid Outreach Coordinator. She is especially enjoying tending her first-year garden and watching it come together this spring. Under a White Dogwood there is Columbine, Hosta, Hydrangea, and Lily of the Valley. She has a fondness for the color purple—in and out of the garden! Her dog, Captain, is watching over the garden fawn and keeping the critters away. The garden also shows Jenny's support for the first responders with the red heart displayed prominently. For the past few years she has been working toward her Graduate Certificate in Gerontology at UMass Boston, which she completed this spring, and she is continuing now with a summer course so maybe not so much free time at home!



Lisa Thornton, Activities and Volunteer Coordinator, likes to start her day with an early morning sunrise run or walk on the coastal roads of Scituate, Cohasset and Hull. She's happy to return home to check on all the new seedling plants in her garden with a strong cup of coffee in hand. While at home, her favorite place to be is working in her vegetable garden, cooking in the kitchen with her husband and four kids, talking around the kitchen table with a nice meal, listening to music or tackling a painting project. She is busy at night reading and taking classes for her master's program, so pandemic life has slowed the pace but not the activity. She is looking forward to getting back to some of her favorite activities, like playing tennis and

soccer with friends, going on road trips to some of her favorite MA locations, like the Sandwich Boardwalk, The Brown Jug, The Dunbar Tea Room, Smith College Botanical Garden, UMass Amherst, Northampton, The Gardener Museum, the North End or Boston Public Library. Until then, her afternoon adventures will be on local hiking trails and beaches, and spying on neighborhood gardens for beautiful gardening ideas!

Introducing one of our valuable van drivers, Joe Swindler. Latest to the group and already indispensable, he is married to the love of his life and has 4 kids—3 daughters and 1 son. “I love them and they are my life.” Doing for others as well as his family is what keeps him going. We can attest to that as he is certainly doing a lot for our van patrons and us. He enjoys great food, motorcycle rides, and also likes to spend his time listening to people. And, yes, he loves telling stories. (Sounds perfect for getting our people where they need to go, Joe!)



Our super capable Transportation Coordinator Kathy Clarkeson enjoys everything winter—fresh snowfall, skiing with her husband, family and friends (which she is not doing now to keep herself occupied!). She tries to travel to Chicago as often as possible to visit with her adorable grandchildren (though had her anticipated trip postponed last month), and Utah to spend time with the “middle” son, though has not yet journeyed to Poland where her youngest son now calls home. Luckily she also enjoys at-home activities like reading, knitting and quilting—much of which is donated to worthy charities—and during this Covid crisis, she changed course on her crafting priorities to make many cotton masks for many of us for which we thank her! Our transportation team has continued to serve many during this crisis, and we are grateful that we have been able to do that thanks to them all.



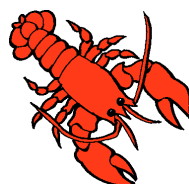
Here is another intrepid driver, Jim Keeley! A hockey family—like father, like daughter ... and grandson too! Home is his happy place, and along with amusing our patrons with stories and jokes, we know he manages to fit in some hockey and softball for himself. We’ve missed him at the Senior Center but know he has a whole lot of activity keeping certain young people happy ... on and off the ice.



We are sorry to be missing Mary Brown, our most senior, Senior driver. No picture, but she is a steadfast and affable addition to our staff and our transportation efforts.

🌸 And a few nice memories ... 🌸

A snapshot from our July 4 luncheon last year—we were ahead of the curve for outdoor/parking lot dining! A nice memory now nevertheless. Also, grateful to have baseball returning, and a great idea for Riva’s patio last summer—hope to be reconvening our ukulele players soon, too!



🌀 Programs— Something for Summer 🌀

While we await guidance from the state and our advocacy groups to determine the safest timing and format for re-opening, we have gone **VIRTUAL where possible!** Some activities are going on and some activities are being added weekly. Some activities are being tested OUT-DOORS! Please reach out and ask about what we are offering, or to make a suggestion of what you would like to see us provide for you. Our goal is to remain active in your lives, keep you connected and supported during these challenging times.

FITNESS CLASSES at HOME

We will be adding new links and opportunities as able, so please continue to check the website, Facebook page, or call with a question or to be added to a group receiving voice broadcast calls about specific activities.

Yoga with Anne—M,W,F @ 10 am (ZOOM)

Call or email if you would like an invitation to this LIVE class

Chair Yoga with Elizabeth—W,F @ 9:45am (ZOOM)

Balance For Life—M, F @ 11 am on SCTV

Lift Your Spirits—TU, TH @ 11 am on SCTV

Links to these classes via email. Call or email to receive a link, so you can exercise anytime that's convenient for you!

Arthritis Exercise with NVNA—M-F @ 11 am on SCTV

Links to these classes via email. Call to receive a link via email or find links on our Facebook page or town webpage.

SilverSneakers Workout Classes —find on Facebook .

Classes are LIVE and RECORDED so you workout anytime it's convenient for you! Available at no cost for adults 65+ on participating Medicare Plans.

Zumba with Justine— Mon @ 10am, Wed @ 4:30pm (ZOOM)

Call or email if you would like an invitation to this LIVE class

Tai Chi for Healthy Aging—Wed @ 11am on SCTV

Call or email if you would like to be informed when this class becomes available for you to follow from home.

Call 781-545-8875 or email lthornton@scituatema.gov

FITNESS CLASSES OUTDOORS

Stretch, Strength & Balance with Sue—TH @ 11am

Tai Chi for Healthy Aging with Linda— TU @ 1:30pm

Please call the senior center to find out the location for these outdoor activities. 781-545-8722

MEMORY TRAINING

On ZOOM! We will provide this 4-week workshop for up to 12 people using a virtual format. We will “meet” on Mondays at 1:00 pm beginning July 20 through August 10. Call to sign up. 781-545-8872



VIRTUAL PROGRAMS with ZOOM

Email or call any of the staff if you would like to receive an invitation to any of these groups. Support is available to those wishing to participate in these opportunities. Give us a call!

DISCUSSION GROUP W/ZOOM **Thursdays@ 10AM**

Coffee, Conversation, Connection. Call if you would like to receive an invitation to join via ZOOM. Suggest a topic!

MEN'S BREAKFAST w/ ZOOM

Tues, July 7 @ 9am

Tues, Aug 4 @ 9am

Dick Eckhouse will host via ZOOM. Grab your smartphone, tablet, or computer, and coffee! Join Dick and the rest of the guys for a discussion. BYOB! That is “Bring Your Own Breakfast”! If you would like an invitation to the Zoom Men's Breakfast, please call 781-545-8875 or email lthornton@scituatema.gov

JULY GUEST SPEAKER: TBA

AUGUST GUEST SPEAKER: Fred Freitas, Author, Humarock

Fred Freitas- Retired history teacher of 48 years 34 years in Scituate; resident of Marshfield for 45 years. Ex-trustee and Ex-VP of the Scituate Historical Society. Coauthored three books with David Ball on Scituate history: Warnings Ignored: The Story of the Portland Gale of November 1898, Etrusco: From Cradle to Grave, and Images of America: Scituate. He has currently written a book on the history of Humarock called Humarock: Hummocks, Humming Rocks, and Silver Sands.

POSSIBLE OUTDOOR SUMMER PROGRAMS

Please call the office if you are interested in joining any of the following outdoor activities. These programs will only be scheduled based on your response and interest in participating. If we have enough interest we will secure a suitable outdoor location, schedule dates and times and share those details with those who have expressed interest.

WRITING GROUP

Robine Andrau

POSSIBLE OUTDOOR

Tuesdays @ 1 PM (4 weeks)

BRING YOUR STORIES TO LIFE in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share. Please call to sign up. 781-545-8875 or email lthornton@scituatema.gov

COA “NO RULES” BOOK CLUB

Facilitator, Nancy Harris, PhD

POSSIBLE OUTDOOR

An opportunity to share your summer reading experiences.

CALL IF YOU ARE INTERESTED IN RECEIVING DETAILS

SCITUATE 50+ JOB SEEKERS NETWORKING GROUP

Please check back to find out if this program will be offered in the Fall/Winter of 2020.

🌀 Programs – Something for Summer 🌀

NORDIC POLE WALKING is a great way to increase your walking fitness and overall health. There is a technique and many health benefits to walking with poles. Check out COA website & Facebook for links to informative and instructional videos on Nordic Pole Walking. If you want to give it a try, you can sign out a set of poles from the senior center. If you would like to own your own set of poles, we can order them for you at a discounted price. Call or email if you want to sign out poles or order your own.

SUMMER SLIDESHOWS with Bob Jackman \$4 donation/show— read details below on how to watch.



Slideshow Lighthouses of Maine

Maine has a splendid coast and distinctive lighthouses stand vigil at some of the most spectacular locations. On Wednesday July 15 at 1:00 to 2:15pm a program will be presented on Lighthouses of Maine. While only some Maine lighthouses will be illustrated, the examples will be chosen to provide a full range of the types of lighthouses found in Maine. In addition to robust visual images of the lighthouses, there will also be a discussion of local waters, shipping, and keepers.

Slideshow Lighthouse of Southern New England

Lighthouses serve heroic roles as they sit on striking coastal vistas. On Wednesday July 22 at 1:00 to 2:15 pm a program will be presented on Lighthouses of Southern New England. The program will survey selected federal lighthouses of Southern New England with an emphasis on Massachusetts. The presentation will weave together aspects of light locations, the architecture of the buildings on the site, and some history associated with the light.

Slideshow on Early Aviation on the South Shore Part 1

In the mid Twentieth Century there were over a dozen airports on the South Shore. On Wednesday August 12 from 1:00 to 2:15pm a program will be presented on the History of Early Aviation on the South Shore. This program, Part 1, will focus on airports in the northern extent of the range including those in Quincy, Braintree, Weymouth, and Hingham. There will be surprises along the way.

Slideshow on Early South Shore Aviation History, Part 2

Earlier we highlighted some early aviation in Quincy and Hingham, but there was more aviation on the South Shore. Therefore on Wednesday, August 19 from 1:00 to 2:15 pm a program will be presented on Early South Shore Aviation History, Part II. This program will not repeat any of the material from the earlier presentation. We will discuss the location of various airports and airstrips that were once active in the area. For most airports we will show maps, some photos and a brief history of aviation at the location.

These shows will be organized around a sequence of over 80 slides with narration by antiques writer Bob Jackman.
CABLE TV OR YOUTUBE OPTION: The shows can be viewed on Scituate Cable TV channels 8 and 22 or with a link provided by the Scituate Senior Center on YouTube at the viewer's convenience between 1pm on Wednesday and 1pm on

UMass Boston, The Aging Together Study ...Is looking for participants

Due to the current COVID-19 situation, we have moved our study to a remote format and are currently seeking to interview children (65+) who have parents (90+) with dementia. We want to learn what your relationship with your parent is like, what challenges you may face, and what types of support you may need. We have also added some COVID-19 related questions in order to see how our participants are navigating the current challenges having a parent in their 90's. Perhaps this would be a good, stay at home activity, for older adults in the community to stay engaged and share their experiences in how they are navigating the current challenges.

This is a one-time, approximately 90 minute interview that will be conducted remotely via method of your choice (phone or video calls). You will receive \$40 as a thank you.

If you are interested in participating, please call our team at 617-901-1082 or email us at agingtogether@umb.edu. We look forward to talking to you!

Elizabeth Gallagher M.S. | e.gallagher002@umb.edu | Gerontology PhD Student, University of Massachusetts Boston

LAUNCH II PROGRAM - Mowing and Yard Clean-ups

Launch II is a state approved day based work program for young adults with disabilities. Our lawn mowing and spring clean up services are provided by these young adults, while supervised by job coaches. Because we are not professionals, we tend to select smaller projects both mowing and clean ups which are more manageable for our individuals. Costs are extremely reasonable.

Please call Kevin McCord at 781-740-1206 for an estimate.

Information – Resources & Technology

Technology Support—Appointment Times

Don't be left behind! If you have questions about technology, you can speak with one of our volunteers over the phone.

Dick Eckhouse is available to answer questions, guide you, make recommendations and help you get and stay connected while you are at home!

Don't be shy, this is the perfect time to give technology a try!

Appointment times available:

M, W, F @ 11am, 11:45am, 12:30pm

Appointment times can be booked by calling the office @ 781-545-8875 or 781-545-8874 to speak with Lisa or Jill.

"Tech Tips to Talk About"

Here are just a few ideas...FACEBOOK, ZOOM, FACETIME, E-MAIL. Other questions may be discussed as well. Dick will do his best to help you get more comfortable using technology.

FACEBOOK

The first step is to use your computer/laptop, iPad or Smart Phone browser (Internet Explorer, Google Chrome, Safari) and type the facebook.com address; OR, click the Facebook icon on your desktop or task bar. If you do not yet have a Facebook account, then you would click on Sign up and complete the fields, including a username (your e-mail) and a password that you will remember.

"Tech Bits to Try on Your Own"

What is ZOOM? How do I download Zoom?

Zoom is a video conferencing program that multiple parties can use to "meet" virtually using a device—computer, iPad, Smartphone—equipped with a camera. Popular as a business meeting tool, it has become an essential resource for everyone trying to make a social connection with friends, family and work /school groups during this time of isolation and social distancing. The first time and any time you are invited to a "meeting" you will receive a link via an e-mail message. [In lieu of e-mail, a message can be received via text on your Smartphone. There is an option to join via phone.] After you open the e-mail you receive instructions to:

- Click the Zoom link and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click Zoom_launcher.exe. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.
- You should now be part of the meeting. Click the green button that says "Join Audio By Computer".

What is FACETIME?

Facetime is a video phone call initiated by Smartphone or iPad with calling capability or using a WiFi connection.

MASSACHUSETTS

Alerts to your cell phone from State of Massachusetts (AlertsMA)

Text "888-777" from your cell phone to get alerts from Massachusetts, such as when Gov. Charlie Baker will deliver an update on MA COVID-19 response efforts.

TOWN OF SCITUATE

COUNCIL ON AGING

Town of Scituate COA Website <https://www.scituatema.gov/council-on-aging>

Facebook page – Like and Follow! **Scituate Council on Aging**

Emails from the Council on Aging — provide us with your email address so you receive information from us!

TOWN OF SCITUATE

Bi-weekly video updates from Town Administrator/Selectman

BOARD OF HEALTH—600 CJC Highway, 781-545-8725

The Public Health Nurse, Eileen Scotti is available on Wednesday and Thursday mornings. Call 781-545-8706

THE SCITUATE BOARD OF HEALTH STRONGLY RECOMMENDS THAT RESIDENTS FOLLOW THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AND THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH (DPH) GUIDELINES TO FLATTEN THE CURVE OF POSITIVE CASES OF COVID-19.

MASKS

Town officials urge everyone to wear cloth face coverings or masks outside of homes to help slow the spread of COVID-19.

Mask can be requested at SANDS HELPS website. Or call the senior center if you do not have a computer.

SANDS HELPS

What is SANDS HELPS? <http://www.sandshelps.org>

Scituate Community Response and Mutual Aid

This page was designed to facilitate community response during the COVID-19 health emergency. Scituate residents may request help or sign up to donate and/or volunteer.

SANDS Helps is collaborating with Scituate Community Christmas, Scituate Public Schools, Scituate Food Pantry, Scituate Council on Aging and Scituate FACTS to meet the needs of our residents. Where possible, we encourage "Neighbors Helping Neighbors" as your first option. Additionally, you can call 2-1-1 or visit Mass211.org for greater assistance and resources. As always, for any emergencies please call 9-1-1.

TRASH | TRANSFER STATION:

Transfer Station Hours for Seniors AGE 60+ with a Scituate Transfer Station Sticker, Mondays, 8-10am

As the situation continues to develop around Covid-19, the Scituate Transfer Station will be offering Senior Hours.

We ask everyone follow suggested safety guidelines. Please continue to practice social distancing and do not linger at the facility.



CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state
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Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center but are virtual at this time. These are public meetings & the calls are recorded to be played on Scituate Cable TV. **Check the town website for meeting postings or changes.**

PLANT BASED EATING WORKSHOP Are you eating a plant based diet? Join a Zoom meeting to find out why it's so important and how you can add more plants to your meals. We will provide this 1 hour workshop using a virtual format. Call 781-545-8872 to sign up and receive a Zoom invitation. Offered by Nutritionist, Kathy Jordan, Big Y Supermarkets. Date TBA

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov;
Department-Council on Aging,
Newsletters.

ALSO, www.ourseniorcenter.com
Find: **Scituate Council on Aging.**

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

"Like" us on **Facebook:**

Search **Scituate Council on Aging** AND
TownofScituate Share to your friends!
Follow us on Twitter: **@ScituateCOA.**

SPECIAL SHOPPING HOURS FOR SENIORS, AT-RISK PERSONS

Minimize trips to the grocery store and make healthy choices!

Special shopping hours for vulnerable guests and older individuals. Make a point to shop during these hours and stock your basket with healthy choices from all food groups, including whole grains, lean meats, fruits, and vegetables. If fresh is not an option, choose frozen and canned alternatives.

Shaw's Market in Cohasset	6-7 am
Stop & Shop in Cohasset and Pembroke	6-7:30 am
Trader Joes in Hanover	8-9 am
Big Y in Norwell	7-8 am
Roche Bros in Marshfield	7-8 am
Village Market in Scituate	6-7 am



Keeping In Touch
With Scituate Businesses

Scituate Loves Local Box Purchase -

A unique way to support local businesses. SLL has partnered with community groups to create boxes filled with local merchandise. Please contact them with any comments, ideas, questions or concerns at Scituateloveslocal@gmail.com